

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently Amended) A Retrofit retrofit kit for a training device (1), the training device being adapted to be operated by a training force (T) applied by an individual ~~who is training and having at least one training weight~~ to produce a counter-force (G) opposing the training force ~~due to the at least one training weight, (T)~~ by means of a training weight (7), which is formed from one or a combination of many single weights (8), wherein the retrofit kit ~~comprises~~comprising:

~~an oscillation generating device (3) which is adapted to be fitted to the training device (1) and to generate an oscillation acting on and modulating the counterforce, (G), characterised in that the oscillation generating device (3) is being formed as a single weight (8).~~

2. (Currently Amended) Retrofit The retrofit kit according to Claim 1, characterised ~~in that~~wherein the oscillation generating device (3) is adapted to be fitted to be the at least one training weight (7).

3. (Currently Amended) Retrofit The retrofit kit according to Claim 1 or 2, characterised ~~in that~~wherein the oscillation generating device (3) is adapted to be positioned on the at least one training weight (7).

4. (Currently Amended) Retrofit The retrofit kit according to one of the aforementioned claims Claim 1, characterised ~~in that~~wherein the oscillation generating device (3) is arranged on the positioned along a path of the training force, the path extending (T) to a force generating device (2) which produces the counterforce.

5. (Currently Amended) Retrofit The retrofit kit according to one of the aforementioned claimsClaim 1, characterised in thatwherein the counterforce (G) is passed transferred through the oscillation generating device (3).

6. (Currently Amended) Retrofit The retrofit kit according to one of the aforementioned claimsClaim 1, characterised in that the sectionswherein a portion of the oscillation generating device (3) which is adapted to be fitted to the training device (1) and is adapted to be moved under the action ofin response to the training force, the portion of the oscillation generating device has a mass (T) exhibit a weight which essentially corresponds to one single weightthat is substantially equal to a mass of one or more separate weights (8) or an integer multiple of itthe at least one training weight.

7. (Currently Amended) Retrofit The retrofit kit according to one of the aforementioned claimsClaim 1, characterised in thatwherein the oscillation generating device (3) comprises is configured to periodically moving move a drivable oscillation mass (15).

8. (Currently Amended) Retrofit The retrofit kit according to one of the aforementioned claimsClaim 7, characterised in thatwherein the oscillation generating device (3) comprises at least one rotary motor, (16), which is the at least one rotary motor is adapted to oscillate the drivable set the oscillating oscillation mass (15) into an to produce a selected oscillating movement.

9. (Currently Amended) Retrofit The retrofit kit according to one of the aforementioned claimsClaim 1, characterised in thatwherein the oscillation generating device (3) comprises a control device (10), which is adapted to change the an oscillation amplitude and / or oscillation frequency produced by the oscillation generating device (3).

10. (Currently Amended) ~~The retrofit kit according to one of the aforementioned claims~~Claim 1, characterised in that wherein the oscillation generating device (3) is configured as an essentially ~~a~~ generally disc-shaped dumbbell weight.

11. (Currently Amended) ~~A training device, (1), comprising:~~  
~~with an actuating element (4), which is adapted to introduce a training force (T) produced by an individual who is training into the training device; (1) and with~~  
~~a force generating device (2), comprising an oscillation generating device adapted to produce an oscillation; and~~  
~~which is adapted by means of a training weight (7), which is configured from~~comprising  
~~one or more individual~~ a combination of many single weights (8), to that generate a counterforce (G) acting against the training force (T) and with an oscillation generating device (3), which is adapted to produce an oscillation generating device operable to produce an oscillation acting on the counterforce (G) and superimposed on the counterforce (G), characterised in that wherein the oscillation generating device (3) is formed as a single weight (8).

12. (Currently Amended) ~~The training device (1) according to Claim 11, characterised in that wherein the oscillation generating device (3) is arranged or coupled to a region of the training device (1) configured to be moved by the training force (T).~~

13. (Currently Amended) ~~The training device (1) according to Claim 11 or 12, characterised in that wherein the oscillation generating device (3) exhibits includes a moving driven movable oscillating mass (15).~~

14. (Currently Amended) ~~The training device (1) according to one of the Claims~~Claim 11 to 13, characterised in that wherein the training device (1) is configured as a dumbbell in which the oscillation generating device (3) is integrated.

15. (Currently Amended) Training The training device (1) according to Claim 14, ~~characterised in that~~wherein the dumbbell (1) is provided with contacts (21) via which an energy supply device of the oscillation generating device (3) can be recharged.

16. (New) The training device of Claim 1, wherein the oscillation generating device has a shape similar to at least a portion of the at least one training weight.

17. (New) The training device of Claim 11, wherein each of the weights of the training weight is a plate having a shape similar to the oscillation generating device.